

## **Nutrition Guidelines for Duodenal Switch & Malabsorptive Bypass**

**Protein: 120 grams daily in addition to dietary intake**

### VITAMIN RECOMMENDATIONS

1. Multivitamin: 3 per day
  - a. **MUST** be high in vitamins A, D, E, & K
  - b. Must be chewable or liquid for the first 6 weeks
  
2. Calcium citrate 500-600 mg, 3 times daily
  - a. Chewable or liquid for the first 6 weeks
  - b. **MUST** be calcium citrate
  
3. Iron: 18 mg, 2 times daily
  - a. Wait 2 hours in-between taking calcium and iron!
  - b. Chewable or liquid for the first 6 weeks.
  
4. Vitamin B12
  - a. Sublingual tablet (dissolves under your tongue)
  - b. 5000-7500 mcg of vitamin B12 weekly
  - OR**
  - c. Vitamin B12 IM shot once every 3-4 weeks
  
5. Vitamin D3: 3000-5000 IUs daily
  - a. Chewable or liquid for the first 6 weeks